

# What does caring look like for you?



“ My Mum's disabled so I do extra chores around the house, help to cook meals, and help her to get dressed and out of bed ”

My brother has autism and sometimes needs help to calm down at night time when he gets angry

I help my Dad take his medication as he has MS. He's in hospital a lot so I worry about him and what he would do if I go to university

MY SISTER HAS MENTAL HEALTH PROBLEMS AND CRIES A LOT OF THE TIME. MY PARENTS HELP BUT I LIKE TO TALK AND HANG OUT WITH HER TO HELP CHEER HER UP

If you think you might be a young carer, talk to the school's young carer champions to find out how we can support you.



Ms Hicks and Ms Ramsay